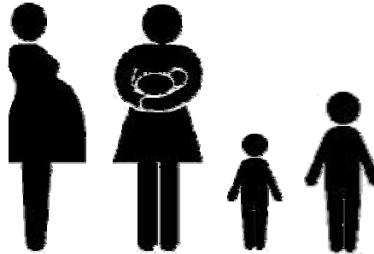


SAFE EATING GUIDELINES

**For Women of Childbearing Age,
Pregnant and Breastfeeding Women, and
Children 17 Years and Younger**



BASED ON MERCURY IN FISH FROM THE
SAN JOAQUIN RIVER
FROM THE PORT OF STOCKTON
TO FRIANT DAM

BEST CHOICES

Eat up to 4 servings* a week
(Total of 12 ounces cooked fish a week)

Bluegill and other sunfish, or crayfish

OR

GOOD CHOICES

Eat up to 2 servings* a week
(Total of 6 ounces cooked fish a week)

Catfish, crappie, carp, or sucker

AVOID

Do Not Eat

Largemouth, smallmouth, or spotted bass

Follow the “No Consumption” warnings where signs are posted for the Port of Stockton area

*** The recommended serving size for adults is three ounces of cooked fish
(four ounces prior to cooking)**

SAFE EATING GUIDELINES

For Women Beyond Childbearing Age and Men



BASED ON MERCURY IN FISH FROM THE
SAN JOAQUIN RIVER
FROM THE PORT OF STOCKTON
TO FRIANT DAM

BEST CHOICES	
Daily (Total of 21 ounces cooked fish a week)	Bluegill or other sunfish
Eat up to 6 servings* a week (Total of 18 ounces cooked fish a week)	Crayfish, crappie, or carp
Eat up to 4 servings* a week (Total of 12 ounces cooked fish a week)	Catfish or sucker

OR

GOOD CHOICES	
Eat up to 2 servings* a week (Total of 6 ounces cooked fish a week)	Largemouth, smallmouth, or spotted bass

Follow the “No Consumption” warnings where signs are posted for the Port of Stockton area

* The recommended serving size for adults is three ounces of cooked fish
(four ounces prior to cooking)

ADDITIONAL GUIDELINES AND INFORMATION

Fish are nutritious and are recommended as part of a healthy, balanced diet. The American Heart Association advises healthy adults to eat at least two 3-ounce portions of cooked fish, preferable fatty fish, each week. It is important, however, to choose your fish wisely. OEHHA recommends that you choose fish to eat that are low in mercury and other contaminants. The recommended options are presented as “Good Choices” and “Best Choices.” When fish contain high levels of mercury or other chemicals, OEHHA recommends that you avoid eating these fish.

- **MEAL SIZE DEPENDS ON BODY WEIGHT.** The safe eating guidelines are based on a recommended serving size of three ounces of cooked fish or shellfish (four ounces prior to cooking) — about the size of a deck of cards. If you weigh less than the average (about 160 pounds), it is best to eat smaller servings. Serve smaller servings to children – about half as much as adults for children 12 and under.
- **CONSIDER THE FISH YOU BUY FROM STORES AND RESTAURANTS.** Women of childbearing age and children can safely eat up to 12 ounces a week of a variety of fish purchased in stores or restaurants, or use this guide for eating fish caught from the San Joaquin River and South Delta. Commercial fish such as shrimp, king crab, scallops, farmed catfish, wild ocean salmon, oysters, tilapia, flounder, and sole generally contain some of the lowest levels of mercury. Women of childbearing age and children should not eat shark, swordfish, king mackerel, or tilefish, which contain the most mercury.
- If you also eat fish that you buy from stores and restaurants during a week that you eat local sport fish, choose the local sport fish that you eat from “Best Choices.”
- **FISH FROM OTHER WATER BODIES MAY ALSO CONTAIN MERCURY.** Not all water bodies in California have been tested. With the exception of ocean or river-run salmon or steelhead, which may be consumed more frequently, you can eat up to two servings a week of fish caught from places currently without an advisory – one serving is three ounces of cooked fish (four ounces prior to cooking).